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### **Health Benefits**

Sweet potatoes are excellent sources of plant proteins with very low calories. Unlike other starchy root vegetables, it is very low in sugar, and in fact is a good blood sugar regulator.

**As an anti-oxidant:** Sweet potatoes have been found to contain a high amount of anti-oxidant, making it suitable in combating inflammatory problems like asthma, arthritis, gout, etc.

**Diabetes:** This fibrous root is suitable for diabetics' consumption as it is a very good blood sugar regulator, helps to stabilize and lower insulin resistance.

**Digestive tract, healthy:** The significant amount of dietary fiber, especially when eaten with the skin, helps to promote a healthy digestive tract, relieving **constipation** and also helps prevent **colon cancer**.

**Emphysema:** Smokers and people who inhale second-hand smoke should regularly consume foods high in vitamin A as smoke has been found to induce vitamin A deficiency, causing a host of other health problems to the lungs.

**Fetal Development:** The high folate content is important and necessary for healthy fetal cell and tissue development.

**Immune System:** Regular consumption of sweet potatoes strengthens the body's immune system and develop resistance to infection.

**Heart diseases:** Consumption of this high potassium root helps to prevent heart attack and stroke. It helps maintain fluid and electrolyte balance in the body cells, as well as normal heart function and blood pressure.

**Muscle Cramps:** A deficiency in potassium can cause muscular cramps and greater susceptibility to injury. Make sweet potatoes a regular part of your diet if you exercise a lot, both for an energy boost and to prevent cramps and injuries.

**Stress:** When we are stressed, our metabolic rate rises, causing the body potassium levels to be reduced. By snacking on the potassium-packed sweet potato, it helps to rebalance the vital mineral, and helps normalize the heartbeat. This in turn sends oxygen to the brain and regulates the body's water balance.